



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Krämer, Sascha**

Club: Ilmenau

Number: 361

Course: 22.75 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 2:09:24

Speed: 10.20 km/h

Running performance: 5:41 min/km

Rank in course/Total: 84 (of 159)

Rank in course/Men: 69 (of 122)

Best time in course: 1:28:31

Rank in category: 5(of 11)

Best time in the category: 1:30:23

### Intermediate times

### Stage score

### Total ranking

| Control         | Intermediate times |            |              |          |             | Stage score |            |          | Total ranking |              |          |             |         |            |
|-----------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
|                 | Split km           | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men     | Behind Men | Total km | Total Time    | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1           | 3.25               | 15:33      | 4:47         | 4        | 3:48        | 43          | 3:48       | 3.25     | 15:33         | 4:47         | 4        | 3:48        | 43      | 3:48       |
| Lap 2           | 3.25               | 17:08      | 5:16         | 6        | 4:41        | 62          | 4:46       | 6.50     | 32:41         | 5:01         | 6        | 8:29        | 50      | 8:29       |
| Lap 3           | 3.25               | 18:05      | 5:33         | 5        | 5:34        | 69          | 5:34       | 9.75     | 50:46         | 5:12         | 5        | 14:03       | 55      | 14:03      |
| Lap 4           | 3.25               | 18:37      | 5:43         | 6        | 5:38        | 71          | 5:55       | 13.00    | 1:09:23       | 5:20         | 5        | 19:41       | 58      | 19:41      |
| Lap 5           | 3.25               | 19:26      | 5:58         | 6        | 6:04        | 77          | 6:30       | 16.25    | 1:28:49       | 5:27         | 5        | 25:45       | 60      | 26:10      |
| Lap 6           | 3.25               | 20:19      | 6:15         | 7        | 6:16        | 83          | 7:24       | 19.50    | 1:49:08       | 5:35         | 5        | 32:01       | 66      | 33:19      |
| Last lap Finish | 3.25               | 20:16      | 6:14         | 6        | 7:00        | 74          | 7:39       | 22.75    | 2:09:24       | 5:41         | 5        | 39:01       | 69      | 40:53      |